

Chicken Basics



Whole Chicken



Leg Quarters



Drumsticks



Boneless, Skinless Breast



Whole Wings



Drumettes



Wingettes



Pulled, Cooked



Nuggets

History & Definitions

The chicken is a descendant of the Southeast Asian red jungle fowl, first domesticated in India around 2000 B.C. Most of the birds raised for meat in America today are from the Cornish (a British breed) and the White Rock (a breed developed in New England). Broiler-fryers, roasters, stewing/baking hens, capons, and Rock Cornish hens are all chickens. The following are definitions for these:

Broiler-fryer a young, tender chicken; about 7 weeks old; weighs 2 1/2 to 4 1/2 pounds when eviscerated. Cook by any method.

Rock Cornish Game Hen a small broiler-fryer; weighs between 1 and 2 pounds. Usually stuffed and roasted whole.

Roaster a young chicken between 8 and 12 weeks of age with a ready-to-cook carcass weight of 5 pounds or more. It yields more meat per pound than a broiler-fryer. Usually roasted whole.

Capon male chickens; about 16 weeks to 8 months old; surgically unsexed. They weigh about 4 to 7 pounds and have generous quantities of tender, light meat. Usually roasted.

Stewing/Baking Hen a mature laying hen; 10 months to 1 1/2 years old. Since the meat is less tender than young chickens, it's best when used in moist cooking, such as stewing.

Cock or rooster a mature male chicken with coarse skin and tough, dark meat. Requires long, moist cooking.